

**January 2010**  
**Monthly Communication**  
***Sensei Cline, NW Region Director***

It is a new year, and the beginning of a new decade. This makes it an ideal time to reinforce existing goals or to develop new goals. *Sensei Okazaki* encourages us to “be flexible” in order to adapt to or mold ourselves to any situation. Another way to phrase this is “go with the flow.” If you find you have completely and totally become fixated on a goal, this may prevent you from being open to change and therefore set you up for failure, or possible setback. If you learn to mentally and physically connect with whatever it is you are trying to accomplish, and are able to adjust accordingly, then you are very likely to accomplish your task or reach your goal.

While working and training in Philadelphia, I would hear *Sensei Okazaki* remark about somebody having “a stiff head.” I would laugh about it, but now, 20 plus years later, I can see what he was talking about, it still makes me laugh. Sometimes we become so focused and driven that we cannot see the “forest for the trees,” causing us to miss some choice opportunities. Step back, be reactive until you can adjust and perceive the intentions, then you can truly sense an opportunity and ‘seize the offense.’

So, as the 13<sup>th</sup> precept tells us to “Move According To Your Opponent” we are asked to relax our mind, relax our body, connect with whomever or whatever we are pursuing, see the intentions and the openings, and finally seize the moment. Make your 2010 goals ones that are small steps to big change. Happy New Year.

**Kata Of the Month** *Unsu*, which means “cloud hands”, has 48 movements; the *kiai* points are movements 20 and 48.

See the link below for the winning *kata* at the 1<sup>st</sup> World Shotocup in Toronto, in 2008

<http://www.youtube.com/watch?v=8nJZ4MWPdNc>

AND

The classic Nakayama *kata* and *bunkai*

<http://www.youtube.com/watch?v=3YetVJmn06w>

**Technical Focus** *Neko ashi dachi, keito uke, ippon nukite, mae geri kekomi.*

**Niju Kun**

The 13<sup>th</sup> *Niju Kun* is our focus for this month: “Move according to your opponent.”

**Sensei Rielly's Seminar**

*Sensei Rielly's* visit to the Western Washington Shotokan Karate Club in early December was well attended, with over 50 students from Oregon, Washington, and Canada. In his instructor trainee class, he shared an outline for developing teaching content which includes objectives, methods and outcomes.

**Club Spotlight**

The Wallingford Boys and Girls Karate Club in Seattle has been holding classes for over 10 years by ***Sensei Kris Haight***. Students range in age from 5 to 16, and parents are welcome to train with their children. There is a great deal of spirit and effort these kids put into their training, and they learn discipline, respect, and self-confidence. For the last 2 years, a scholarship fund established by *Sempai Sal Celis* has allowed more kids to participate; Microsoft donates funds to match his time. *Sensei Haight* is also assisted by *Sempais* Kerry O'Meara, Jaclyn Hagen, Rebecca Leuck, and John Lane.

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**Regional Standards**

The Northwest Region follows established ISKF standards for eligibility for kyu and dan exams. It is important that all instructors are familiar with these rules and follow them. Please contact Sensei Cline if you have any questions.

<b>Rank</b>	<b>Eligibility Requirement</b>
9 kyu – 1 kyu	Examinee must have attended a minimum of 30 classes, over a minimum period of 3 months since the previous kyu exam.
1 kyu - shodan	Examinee has attended classes regularly for one year since the 1 <sup>st</sup> kyu exam.

Additional information on testing standards can be found at  
<http://www.iskf.com/information.html>